



Global Observatory for Physical Activity Northern Ireland Country Card

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NORTHERN IRELAND



Northern Ireland **World Region | EURO** - Europe & Central Asia



Capital	Belfast
Population	1,881,641
Urban Population	83.0%
Life Expectancy	81
Gini index for income inequality	0.33
Human Development Index	0.887
Literacy Rate	99.0%
Deaths from non-communicable diseases	89.0%

World Bank income category ★★★★★ **High income**

Physical Activity Prevalence



adults 18+ years, Health Survey (NI) 2016/17

Percentage of Deaths due to Physical Inactivity



In Northern Ireland
-.-%

worldwide, % of deaths
due to physical
inactivity = **9%**

This Country Card is part of the 2nd Physical Activity Almanac
(free resource on the GoPA! website)
For a description of the indicators and data sources visit:
www.globalphysicalactivityobservatory.com/country-cards

Policy and Surveillance Status

National physical activity policy/plan ☐ Yes ☒ No

Title

Sport Matters 2009-2019; Fitter Futures Obesity Strategy 2015-2019. Note: Fitter Futures is an obesity strategy that included physical activity, not an overall NCD strategy. These policies are relevant/linked to physical activity but not standalone physical activity policies.

National recommendations ☒ Yes ☐ No

National survey(s) including physical activity questions ☒ Yes ☐ No



Surveys and instruments used to assess physical activity

The Health Survey for Northern Ireland, 2015/2016 2016/2017 (Other)

National health monitoring system ☒ Yes ☐ No

Physical activity ☒
Sedentary behavior (i.e. sitting time) ☒

Name(s)

Health Survey for Northern Ireland, 2015/2016 2016/17

Physical Activity Research



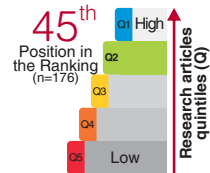
0.33%



78

Contribution to
physical activity
research
worldwide from
1950-2019

Total number of
articles from the
country from
1950-2019



Sedentary Behavior (Sitting Time)



Total
Sitting
Time = **4.7**
hrs/day

Daily Sitting Time Global Tertile



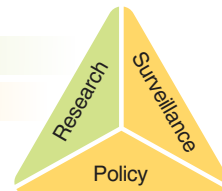
European Commission (2017). Special Eurobarometer 472: Sport and Physical Activity Report.

Physical Activity Promotion Capacity Pyramid

High

Medium

Low



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